

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



This month's topic:

If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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June celebrates Men's health and fatherhood

June is Men's Health Month and a chance to recognize a father's importance in the life of his children. It also provides children with the opportunity to express their love and respect for their fathers.

Father's Day is on June 18th. It is a day when fathers are acknowledged nationally for their commitment and care of their families and themselves. Men often underestimate the impact they can have on the health and growth of their children.



From the beginning, dads can support the mothers of their children in providing natural nutrition through breastfeeding. Men can be an important catalyst for nursing mothers through informed and supportive care. There are many known benefits to breastfeeding for the mother and child. It helps strengthen the mother-child bond and protects the baby from many childhood illnesses and helps the mother's health by lowering the risk of type 2 diabetes and various types of cancer.

For fathers to be involved in the care of their children, they also have to take care of themselves. Heart disease is the number one cause of death in America. Significant disabilities can result from heart disease -- some cannot be changed, such as genetics or family history. Luckily, there are some things men can do to prevent heart disease and model healthier choices for their families.

Blood Pressure

High blood pressure puts one at a risk for heart disease and strokes. Thirty percent of men have high blood pressure. If your blood pressure is greater than 120/80, you should talk to your health provider.

Cholesterol

High cholesterol levels can be very dangerous and cause heart disease. Cholesterol levels are checked via a simple blood test. Talk to your primary care provider to see whether you would benefit from early screening.

Smoking

About 20 percent of adult men smoke, which can lead to heart disease. Fortunately, quitting helps! The increased risk of heart disease goes down as soon as you quit.

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Cincinnati is currently experiencing an outbreak of youth suicides. So far in 2017, there have been seven. In 2016, there were 13. In prior years usually no more than five occurred. The reason behind the current rise is still unknown, however risk factors for youth suicide can include a lack of proper mental health care, poor existing mental health, poverty, and bullying - especially online.

Life is chaotic, however each of us can share the burden and speak up if we notice someone with extreme behavior changes; withdraw from friends, family and activities; crying; excessive sadness, anxiety, and guilt. Talking openly and honestly about emotional distress and suicide is ok. It will not make someone more suicidal or put the idea of suicide in their mind. If you are concerned about someone, it's important to ask them about it.

Suicide can unfortunately be contagious, especially for youth. Knowing how to acknowledge and respond to someone who shares their thoughts of emotional distress or suicide with you is important. Do not judge them or their thoughts. Listen. Be caring and kind. Offer to go with them to get help or contact a crisis line.

If you or someone you know needs help, text "START" to 741741 or Call 1-800-273-8255.

Pool safety includes more than swimming lessons

Memorial Day is usually the unofficial start of summer. It is when area pools open to the public. The Cincinnati Health Department is alerting the community about an unseen irritant with a multi-syllable name that could be lurking in the water. Cryptosporidiosis, or crypto, a gastrointestinal illness, is caused by a microscopic parasite and is most commonly spread through water. The parasite is resistant to chlorine based disinfectants.

People can get it several ways, but mostly commonly from contaminated food or water sources. Crypto is passed in the stool of an infected person or animal. It spreads very easily and symptoms which include watery diarrhea and stomach cramps, can last a week to several weeks.

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World Sickle Cell Day



World Sickle Cell Day is June 19th. Sickle Cell Disease (SCD) is a chronic, life-long disease that affects millions of people across the globe. Sickle Cell Disease is a genetic disease that effects the hemoglobin in a person's red blood cells. Hemoglobin is responsible for picking up oxygen from the lungs and delivering it to vital organs, muscles, and tissues throughout the body. This abnormal hemoglobin causes a change in the shape of the red blood cell it is bound with, which results in the formation of a sickle cell instead of a normal round red blood cell.

It is important to note that SCD is genetic and is not contagious. The only way for a person to get SCD is if they inherit two abnormal hemoglobin genes, one from each of their parents. The only way to prevent passing on the trait that causes SCD is asking your doctor to be tested to see if you carry the gene. Most people who carry the trait that causes SCD do not have any signs or symptoms.

Sickle Cell Disease effects each person differently, but can potentially damage a number of bodily structures including the spleen, liver, blood vessels, gallbladder, kidneys, brain, heart and eyes. SCD places an individual at higher risk for complications such as infection, stroke, heart disease, high blood pressure, kidney disease, eye problems, gallstones, liver disease, among other things. Many people living with SCD live with chronic pain as a result.

Forty five years ago, a person was expected to live an average of 14 years with SCD. Now, a person living with SCD in the United States can now live for about 40 to 60 years. Early diagnosis and ongoing treatment to manage complications are crucial in prolonging life in SCD patients. There is hope for individuals living with Sickle Cell Disease around the world.

Play Healthy Cincy!

Cincinnati's goal is to become the healthiest city in the nation, we want to give all residents, especially children, an opportunity to build a healthy and happy foundation of play and recreation. In order to do this, Cincinnati City Departments are teaming up with FC Cincinnati to present **Play Healthy Cincy!**

Children ages 6-12 are invited to join FC Cincinnati players to attend a free soccer clinic (June 11) and a FC Cincinnati game (June 17) where they can learn how to achieve a healthy lifestyle. Sign up is available here: <https://cincyrec.cincyregister.com/playhealthy17>

The Cincinnati Health Department, Cincinnati Recreation Commission and local community partners will be hosting a health fair on Sheakly Lawn before the FC Cincinnati game begins. Come out to support FC Cincinnati and receive important health information all in one place!

June celebrates Men's health and fatherhood

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Diet and Exercise

Finally, diet and exercise are often talked about and sometimes the hardest things to change. Increased physical activity and adherence to a healthy diet help overall health, especially your heart. Talk to your doctor about the best way to increase your physical activity and how to change your diet for the better.

Healthy fathers nourish children with a strong and healthy sense of self determination and self acceptance. It's equally important for children to know their fathers not only take care of them, they also take care of their health as well.

Events & Shout Outs!

June 10, from 11:00 a.m.—4:00 p.m.

The Butts Family Foundation/Pendleton Neighborhood Council, 3rd Annual Get It Checked Health Fair—Spring Street Park at East 12th Street

June 17, from 12:00—9:00 p.m.

Cincinnati Juneteenth Festival
6242 Orchard Lane

Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employees:

- **Sue Shepherd** (Medical Assistant, Elm Street Health Center) - 8 years
- **Deborah Cline** (Dietician, WIC) - 26 years



A Message from the Board of Health



Tim Collier, RN
Chair, Board of Health

Congratulations to Dr. Phil Lichtenstein who was honored as the Outstanding Pediatrician of the Year by the Cincinnati Pediatric Society. He serves as the Board of Health as Vice Chair and has been practicing medicine for over 40 years. He received his medical degree from Vanderbilt University, where he specialized in pediatrics. He then completed his residency at Cincinnati Children's Hospital Medical Center and currently serves as the Medical Director of the Children's Home of Cincinnati.

Dr. Lichtenstein has spent a great deal of his career treating children with behavioral health issues, particularly Attention Deficit Hyperactivity Disorder (ADHD). He was an integral part of establishing better processes to improve outcomes in ADHD patients, participating in a one-year quality improvement initiative at Duke University, where he was a part of a pilot program that improved methods for pediatricians to do high quality work treating children with behavioral problems in their offices and schools. Dr. Lichtenstein has had a successful career collaborating with Cincinnati Children's since his residency, improving the lives of countless children along the way.



Sun Safety in the Summer

Summer is here, which means that many of us will be heading outdoors for activities and enjoying the warm weather. Whether you're outdoors to garden, exercise, attend a barbecue with friends, or lounge by the pool, it is always important to protect yourself from the sun's harmful rays. It is always best to avoid as much sun exposure as possible and follow these rules to limit sun damage:

- Wear sunscreen with a minimum SPF of 15.
- Remember to apply sunscreen about 20 to 30 minutes before you step into the sun.
- Apply a thick layer of sunscreen to any exposed skin. Don't forget your ears, scalp, tops of your feet and hands and face (and yes, even your lips).
- Even if your sunscreen's label says "sweat proof" or "water proof," you should still reapply after 2 hours and every time after you sweat, swim, or rub your skin with a towel.
- Hang out in the shade under a tree or umbrella.
- Wear clothing to cover exposed skin. Dark, tightly-woven clothing is more protective than lighter, loosely-woven clothing.
- Wear sunglasses that protect 100% of UVA and UVB rays.
- Wear a wide brimmed hat to protect your face and neck from sun exposure.
- Sunscreen loses its effectiveness with time, so be sure to throw out old sunscreen after 1-2 years.



Practicing these sun safety tips are very important year round, not just in the summer. The sun's rays can damage your skin at any time of year, even on a cloudy day. Taking measures to protect your skin are always necessary, especially in the summer. Following these tips can help protect your skin from a painful sunburn and even from developing skin cancer!

Pool safety includes more than swimming lessons

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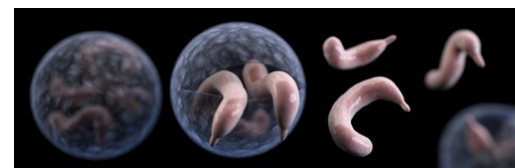
The Cincinnati Health Department says pool owners and managers have to be diligent about hygiene, but the parasite is resistant to chlorine. The CHD works with public pools in Cincinnati to test and monitor pool water hygiene.

The best health option, according to Sharon Hutchins, PhD, MPH, supervising epidemiologist with the communicable disease unit, CHD, is to not enter the water if you are still recovering from an illness or your child isn't potty-trained or is hesitant to get out of the water to use the bathroom. "If you are sick, particularly with diarrhea, you should not be swimming or in public water spaces. Crypto can also spread in fountains or splash areas and be transmitted person-to-person or after handling animals," says Dr. Hutchins.

The parasite is protected by an outer shell that allows it to survive outside the body for extended periods of time that also makes it tolerant to chlorine disinfection. Symptoms include diarrhea, stomach pains and vomiting, according to the Center for Disease Control and Prevention.

Tips to avoid or lessen parasitic infections:

- When swimming try not to swallow the pool water.
- Drink water only from safe sources.
- Boil any questionable water for at least one minute before drinking.
- Wash all raw fruits and vegetables under running water from a safe source.
- Wash your hands with soap and warm water often, especially after using the bathroom.
- Whenever possible, use a vegetable brush to scrub the outside of fruits and vegetables.



Zika: Protecting children from mosquito bites at camp



It doesn't seem like summer if you're not sending your child(ren) to a good outdoor camp. And with every outdoor camping experience comes bugs. Among those bugs are the most hated of all pests: mosquitoes. Mosquitoes are more than annoying, and it isn't just the itchy bites that can get under your skin. In some instances, mosquitoes can be downright dangerous to your child's health. Mosquitos can spread viruses like Zika and West Nile, which can make people sick. A mosquito transfers these and other viruses through its saliva upon biting a human or animal host. Many people infected with Zika won't have symptoms or will only experience mild symptoms. The most common symptoms are fever, rash, joint pain, and red eyes. Symptoms can last for several days to a week.

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Here are some tips that every parent/guardian should follow to prepare your child for a healthy, fun time at summer camp.

Preventing Mosquito Bites

The best way to prevent viruses spread by mosquitoes is to protect your child from mosquito bites. Talk to your child about how to protect themselves. They should understand and know the risks of mosquito bites and how to properly apply insect repellent.

What to pack

- Environmental Protection Agency (EPA) registered insect repellents containing one of these active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Long-sleeved shirts and long pants.
- Clothing and gear treated with permethrin provides an added layer of protection.
- If your child will be sleeping outdoors or in a building without windows and door screens, ask the camp if they provide bed nets. If not, consider purchasing a bed net that is treated with permethrin. Permethrin-treated bed nets provide more protection than untreated nets.

Prevention

Campers should avoid sites where mosquitoes lay their eggs, such as standing water in woodland pools, ditches, ponds not containing fish or other predators, and artificial containers (e.g. tires, buckets, tarps, plant pot receptacles). Mosquito resting sites like high grass, and wooded areas should also be avoided, when possible. Mosquitoes are attracted to carbon dioxide that we exhale, dark colors, heat, and movement. If an itchy mosquito bite occurs, anti-itch creams and/or ice can ease the irritation.

Campers who get sick with Zika

There is no vaccine or medicine for Zika. Camp staff and administrators know how to help sick kids. If a camper gets sick and it might be Zika, he or she should:

- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine, such as acetaminophen, to reduce fever and pain.
- Do not take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDs).
- Inform camp staff about any medications that your child is taking.
- If your child gets Zika, they should strictly follow steps to prevent mosquito bites for 3 weeks.

National HIV Testing Day - June 27

Each year on June 27, CHD observes National HIV Testing Day. On this day, we unite with partners, patients and other organizations to raise awareness about the importance of HIV testing and early diagnosis of HIV.



HIV stands for Human Immunodeficiency Virus. This virus has had quite a destructive impact in just over three decades, and it continues to affect the lives of millions around the globe. It weakens a person's immune system by destroying important cells that fight disease and infection. More than 1.2 million people in the United States are living with HIV and nearly 45,000 people find out they have HIV every year, but 1 in 8 people don't know they have it or experience any symptoms. No effective cure exists for HIV. But with proper medical care, HIV can be controlled. Some groups of people in the United States are more likely to get HIV than others because of many factors, including their sex partners, their risk behaviors, and where they live. People who have contracted the virus have it for life, since our immune systems can't seem to rid the body of it like other viruses. As the infection progresses, the patient's immune system is irreparably damaged. The body soon becomes prey to various opportunistic infections (ones that healthy people never have to worry about) and certain blood cells numbers plummet.

This is the point at which a patient is classified as having developed Acquired Immunodeficiency Syndrome (AIDS). This represents the final, deadly stage of an HIV infection. AIDS patients require complex treatments in order to stay alive.

More than 90% of new HIV infections in the United States could be prevented by testing and diagnosing people living with HIV and making sure they receive early, ongoing treatment. People who test negative have more prevention tools available today than ever before. People who test positive can take HIV medicines that can keep them healthy for many years and greatly reduce their chance of passing HIV to others.

Am I at risk for HIV?

HIV is spread through some of the body's fluids, like blood, semen (cum), vaginal fluids, and breast milk. HIV is passed from one person to another by:

- Having sex (vaginal, anal, or oral) without a condom or dental dam with a person who has HIV
- Sharing needles with someone who has HIV
- Breastfeeding, pregnancy, or childbirth if the mother has HIV
- Getting a transfusion of blood that's infected with HIV (very rare in the United States)

Help encourage HIV testing on National HIV Testing Day and every day to ensure people get tested for HIV, know their status, and get linked to care and treatment services.

For more information or to schedule HIV/STI testing, please call CHD at 513-357-7301.



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